

# Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

## Turnips

**Turnips are good for you because:** they are an excellent source of Vitamin C and Dietary Fiber. Dietary fiber helps keep you fuller longer, so you're not distracted during the day by hunger.

### Farm to School ~

Turnips, like carrots and potatoes, are actually a root vegetable. The main part we eat grows in the ground. Turnips grow in usually colder climates.

Turnips are somewhat sweet if they are picked before fully grown. Turnips that are allowed to full grow are used as feed for livestock since they have a very bitter taste to humans.

### Selection and Storage ~

Select turnips that are firm, feel heavy and have a sweet smell. Store turnips in the refrigerator for up to 2 weeks. If your turnips have the greens on them, they should be cut off from the root and used within a few days.

### Origin ~ Where did it come from?

Turnips have been cultivated for over 4,000 years, originally coming from central Asia.

### Fun Facts



Turnips are normally white in color due to the lack of sun exposure to the root.

Turnips can have a purple tint on the top of them if they have been exposed to sunlight during it's growth.

The tops of turnips are called it's greens and can be eaten like spinach.



## Word Search

N R R H T D N R W E  
T K E H B I Q P Z L  
O U G B M G U C S B  
O Z R A I R S Y G A  
R J T N P F N P R T  
A I C L I M A T E E  
V F E V K P U W E G  
P H E T I H W R N E  
P N N E V U Y S S V  
B Q Y D R N R E F D

CLIMATE  
PURPLE  
VEGETABLE

FIBER  
ROOT  
VITAMIN

GREENS  
TURNIP  
WHITE



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## TURNIP COLORING



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